

# SUMMER 2026 SENIOR SCHOLARS

COURSES ARE FREE TO UNION COUNTY RESIDENTS AGES 60+



**ARTS & LEISURE**



**HEALTH & FITNESS**



**SPECIAL INTEREST**



**TECHNOLOGY**



**UCNJ**  
Union College of  
Union County, NJ

[WWW.UCC.EDU/CE-SENIORS](http://WWW.UCC.EDU/CE-SENIORS)

## ART CLASSES

Materials list for all art classes will be emailed to students prior to class start date.

### All Level Oil and Acrylic Painting (10 hrs.)

Calling all painters\*... this is your creative time! Enjoy painting in a supportive environment while working at your own pace. Refine your skills, fine-tune your technique and build your own style.

Come ready with a summer-inspired still life or landscape, 8x10" color print, your painting supplies, and a 11x14" pre-stretched canvas for the first day to start painting.

\*Prerequisite: Beginner Acrylic Painting

**AEAS 157 Sec 026E**  
**Scotch Plains Campus**  
**T, 7/7 – 8/4**  
**9:00 – 11:00 am**

### Artist Within: Creative Watercolor Painting (10 hrs.)

Enhance your watercolor painting skills through a variety of assignments that will incorporate the use of watercolor paints, colored pencils, and pen.

**AEAS 004 Sec 007E**  
**Scotch Plains Campus**  
**M, 7/6 – 8/10**  
**10:00 am – 12:00 pm**  
**(No class 7/27)**

### Artist Within: Life Drawing (10 hrs.)

By drawing real life objects and people, you will enhance your skills at shading, composition, realism and proportion.

**AEAS 080 Sec 014E**  
**Scotch Plains Campus**  
**W, 7/1 – 8/5**  
**10:00 am – 12:00 pm**  
**(No class 7/29)**

### Beginning Acrylic Painting (10 hrs.)

Are you ready to “dust” off your brushes if time has gone by? Now you can be inspired and let the paint fly! Learn the foundation of painting, develop your own style, explore various techniques, brushes, paint mixing and application while creating your own masterpiece!

**AEAS 156 Sec 034E**  
**Scotch Plains Campus**  
**T, 7/7 – 8/4**  
**1:30 – 3:30 pm**

### Beginner iPhone Photography (10 hrs.)

Improve your photos from SNAPSHOTS into GREAT SHOTS! Instruction, techniques, and insight goes beyond the camera manual to teach you how to develop your creative eye and create better photos. You will also learn how to edit, print, matte, and frame to make your photos “show-ready”.

**AEAS 035 Sec 003E**  
**Scotch Plains Campus**  
**Th, 7/9 – 8/6**  
**9:00 – 11:00 am**

### Color Theory (10 hrs.)

Learn the wonderful world of color with this foundational, hands-on course. Color theory concepts will be introduced, then reinforced through fun projects that will broaden your knowledge of color-mixing, understanding color interactions, and paint application.

**AEAS 037 Sec 001E**  
**Scotch Plains Campus**  
**T, 7/7 – 8/4**  
**11:00 am – 1:00 pm**

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[Click for course information](#)



**UNION COUNTY**  
*We're Connected to You!*

Sponsored by the Union County Board of County Commissioners

These programs are funded by the Union County Board of County Commissioners for Union County residents who are at least 60 years old. Early enrollment is encouraged due to limited class availability.

**ART CLASSES  
CONTINUED**

Materials list for all art classes will be emailed to students prior to class start date.

**Mixed Media (10 hrs.)**

Have fun, be creative and experiment with paint, ink and collage materials to create beautiful and unique works of art. You will learn about composition, color theory and application through each project.

**AEAS 058 Sec 042E**  
**Scotch Plains Campus**  
**Th, 7/9 – 8/6**  
**1:30 – 3:30 pm**

**Pastels...Your Way (10 hrs.)**

Develop your creative eye and refine your technique to create vibrant, rich compositions in your choice of soft or oil pastels. This class is for students who have a basic understanding of the medium.

Please bring in your own work in progress, or an original spring landscape or still life photo (4x6" or larger) to work from.

**AEAS 091 Sec 002E**  
**Scotch Plains Campus**  
**Th, 7/9 – 8/6**  
**11:00 am – 1:00 pm**



**COMPUTER / CYBERSECURITY / TECHNOLOGY**

**NEW! Artificial Intelligence as Your Personal Assistant (3 hrs.)**

This course introduces artificial intelligence as a practical assistant for everyday life. Participants will learn how to use AI for communication and writing, such as creating emails and letters, as well as for research and decision-making, including comparing tools and planning trips or events. The course also covers using AI for personal organization, such as recipe ideas, gifts, and hobbies, while teaching safe practices, including what not to share and how to recognize inaccurate information.

**AECS 101 Sec 001E**  
**Remote Live, Th, 8/6**  
**10:00 am – 1:00 pm**

**Boost Your Tech Confidence (3 hrs.)**

Navigating devices can be a challenge. In this workshop, students will learn how to find lost files and emails, save favorite websites, and recover recently closed browser windows. We'll cover these and other helpful tips based on the most common tech questions from older adults. An open tech support Q&A will follow the workshop.

**AECS 067 Sec 003E**  
**Remote Live, Th, 7/16**  
**10:00 am – 1:00 pm**

**Intro to Artificial Intelligence (3 hrs.)**

Let's learn what AI is and what it can do and can't do. You will find ways of how and when to use it. This workshop will introduce you to the foundations of this popular and innovative technology.

**AECS 100 Sec 018E**  
**Remote Live, Th, 7/23**  
**10:00 am – 1:00 pm**



**ALL PROGRAMS** will be offered in-person or remote live. Please check your schedule once registered as program delivery formats may change.

**Lighten Your Digital Load (3 hrs.)**

Stop drowning in tabs and start taking control of your tech. If your current digital "filing system" is just a long list of unread emails and twenty open windows, it's time for a reset. This workshop gives you the tools to automate your inbox and organize your web browser. Learn how to make your computer do the heavy lifting for you.

**AECS 085 Sec 002E**  
**Remote Live, Th, 7/30**  
**10:00 am – 1:00 pm**

**FITNESS & YOGA CLASSES**

Students can register for in-person or remote live sessions for Yoga and Strength Training. Once you register, you cannot change your selection to another section as space is limited.

**Chair/Barre (10 hrs.)**

**AEES 536 Sec 031E**  
**Remote Live, T, Th, 7/7 – 8/6**  
**8:00 – 9:00 am**

**Yoga (5 hrs.)**

**IN PERSON SESSION:**  
**AEES 080 Sec 034E**  
**Scotch Plains Campus**  
**M, 7/20 – 8/17**  
**9:00 – 10:00 am**

**REMOTE LIVE SESSION:**  
**AEES 080 Sec 033E**  
**Remote Live, M, 7/20 – 8/17**  
**9:00 – 10:00 am**

**Strength Training (5 hrs.)**

In a strength training class, you'll be using weights, bands, or your body, in a way that creates resistance. We use resistance to build strength, tone muscle, shed fat, burn calories — and it's all packed into one workout. As you're lifting weights, you're growing new, stronger bones and muscles which can help you to squat down pick something up, get up from the floor or reach your arms overhead to put something in the overhead bin of an airplane.

**ENROLLMENT is EASY!**

Self-enrollment is available through our registration platform. To enroll, visit: [www.ucc.edu/ce-seniors](http://www.ucc.edu/ce-seniors)



**IN PERSON SESSION:**  
**AEES 539 Sec 028E**  
**Scotch Plains Campus**  
**T, 7/21 – 8/18**  
**9:00 – 10:00 am**

**REMOTE LIVE SESSION:**  
**AEES 539 Sec 029E**  
**Remote Live**  
**T, 7/21 – 8/18**  
**9:00 – 10:00 am**

**FITNESS CONTINUED**

**NEW! Yang Style Tai Chi Chapter 1 & Qi Gong (12.5 hrs.)**

This course will focus on the first Chapter of the Yang Style Tai Chi with a Qi Gong focused light warm up. Both are versatile enough to accommodate all skill levels. Tai Chi is an internal martial art which practices being present by focusing on slow, intentional movements. Qi Gong is similar but is separated into short movements with emphasis on breathing with the motions. Both are low impact exercises which aid in fluidity of motion and overall coordination. Tai Chi movements tend to mimic the movement of water while Qi Gong doesn't adhere to a single element. There will be frequent short breaks to accommodate questions, rest, and hydration. Feel relaxed and refreshed.



**AEES 089 Sec 001E**  
**Scotch Plains Campus**  
**M, W, 7/6 – 8/12**  
**10:30 – 11:45 am**  
**(No class 7/20, 7/22)**

*Proud to be*



The Aspen Institute has named UCNJ as a semifinalist, and top 25 U.S. Community College eligible for the 2027 Aspen Prize. The \$1 million prize honors colleges achieving strong student results, both in college and after graduation.



Lynn Gaines Shershefsky  
 Fairy Leaf Garden to life  
 Featuring Pressed and Dried  
 Mixed Media, Non-Professional

# Union County Senior Art Exhibit

This art show features an impressive level of talent and a broad range of artwork. The exhibition showcases original works by Union County residents age 60 and older, including both professional and non-professional artists. Many of UCNJ's talented Senior Scholars are represented in the exhibit on display at the Scotch Plains campus.

The Senior Art Exhibit is an annual program organized by the Union County Office of Cultural and Heritage Affairs, a division of the Union County Department of Parks and Recreation.



Sponsored by the Union County Board of County Commissioners

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**PLEASE NOTE:**  
 In-person classes are held at the **Scotch Plains Campus: 1776 Raritan Road, Scotch Plains, NJ 07076-2977**  
 Remote live classes are held **online**. Details are provided upon registration and prior to class start date.

SPECIAL INTEREST CLASSES

**Let's Knit – Intermediate (7.5 hrs.)**

During this course, students will learn about pattern reading, gauge and swatching for proper sizing of garments, various stitches, reading stitches and keeping helpful notes. You'll also engage with people who have a similar love for knitting.

**AEAS 032 Sec 005E**  
**Scotch Plains Campus**  
**T, 7/7 – 8/4**  
**9:00 – 10:30 am**



**ALL PROGRAMS** will be offered in-person or remote live. Please check your schedule once registered as program delivery formats may change.

**Keep Watching the Skies! The Golden Age of Science Fiction Films (12.5 hrs.)**

The decade of the 1950's became known as the "golden age" of science-fiction film. After the horrors of WWII and witnessing the potential apocalyptic vision of the nuclear age, science fiction evolved from what was once a genre comprised of kiddy Saturday matinee serials and adventurous space operas, to a darker, more ominous forewarning of things to come.

The constant xenophobic fears of the "other" or "alien" cultures infiltrating American life and values during the Red Scare created a cornucopia of extra-terrestrial invaders, mutated creatures resulting from atomic warfare, and the darkest beast lurking within the human mind conjured up from the deepest recesses of the "id".

This film studies course will include screening classic sci-fi movies of the 1950s along with analytical discussions on the pioneers and themes of a decade in cinema that inspired and warned us to keep watching the skies.

**AEVS 100 Sec 002E**  
**Scotch Plains Campus**  
**W, 7/8 – 8/5**  
**1:00 – 3:30 pm**

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In-person classes are held at the **Scotch Plains Campus: 1776 Raritan Road, Scotch Plains, NJ 07076-2977**  
 Remote live classes are held **online**. Details are provided upon registration and prior to class start date.

**NEW! The Early Republic (10.5 hrs.)**

This course explores the post-Revolutionary War era, beginning with the challenges faced by the newly independent United States and leading to the Constitutional Convention of 1787 and the ratification of the Constitution. Students will examine the development of the nation during the Early Republic, including the presidencies of George Washington and John Adams in the 1790s, as well as the first decade of the 1800s under the leadership of Thomas Jefferson.

**AEVS 051 Sec 001E**  
**Scotch Plains Campus**  
**Th, 7/9 – 8/6**  
**10:00 am – 12:10 pm**



**The Writer Within: Creative or Memoir (10 hrs.)**

Learn to craft a better story, either creative or memoir. Assignments focus on developing characters, plots, conflicts, dialogue, that will add depth to your work. Learn to outline your work, regardless, if it is fiction or memoir, as well as how to get published.

**AEVS 068 Sec 027E**  
**Scotch Plains Campus**  
**M, 7/6 – 8/10**  
**12:00 – 2:00 pm**  
**(No class 7/27)**

**NEW! Creative Writing: The Music in Us (10 hrs.)**

Listen to music? This class will focus on writing about and discussing songs by The Beatles, Billy Joel, The Rolling Stones, Creedence Clearwater Revival, The Eagles and more. On the creative side, students will also write their own lyrics.

**AEVS 054 Sec 001E**  
**Scotch Plains Campus**  
**W, 7/1 – 8/5**  
**12:00 – 2:00 pm**  
**(No class 7/29)**

**Amateur Astronomers, Inc.**

promotes an interest in the science of astronomy through events, lectures, and meetings.

Every Friday night informal presentations are held in the William Miller Sperry Observatory at the UCNJ Cranford Campus and, weather permitting, the public is invited to view the night skies through the 24-inch reflector and 10-inch refractor telescopes.



Learn more by visiting [www.asterism.org](http://www.asterism.org)

# SUMMER 2026 SENIOR SCHOLARSHIPS

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UCNJ does not discriminate and prohibits discrimination, as required by state and/or federal law, in all programs and activities, including employment and access to its career and technical programs. If you or someone attending with you has a disability and is in need of special accommodations, please contact the Coordinator of Universal Accessibility Services at 908-659-5168.